

Now and Next

(First and Then)

What is a Now and Next Approach?

Now and Next (First - Then) is a visual representation of two activities to be completed by the child. A Now and Next (First - Then) Board is helpful in teaching children with autism to follow directions and learn new skills. A Now and Next Board can motivate children to do activities that they do not like and clarifies when they can do what they like. A Now and Next Board lays the language foundation needed to complete multi-step directions and activities and to use more complex visual systems.

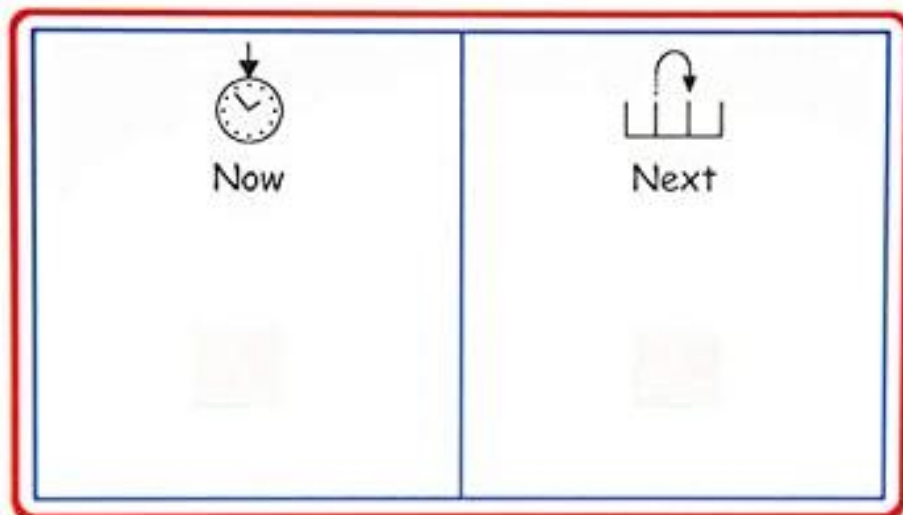
Who may benefit from a Now and Next Approach

- A child who has difficulty finishing one activity and starting another.
- A child who is reluctant to participate in a particular activity.
- A child with limited attention skills.
- A child who struggles to wait for something

What does it look like?

A now and next board (or 'First and Then') is a board with the word 'now' on the left side, and the word 'next' on the right side, with a box under both words.

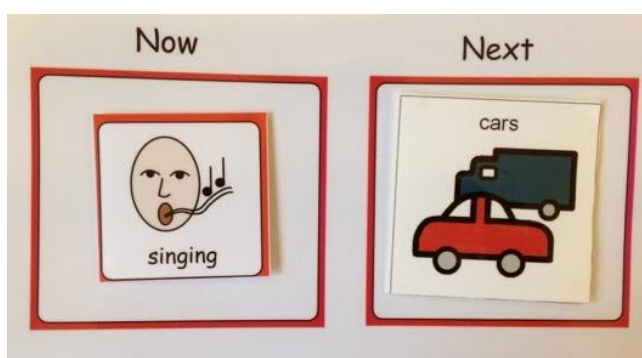
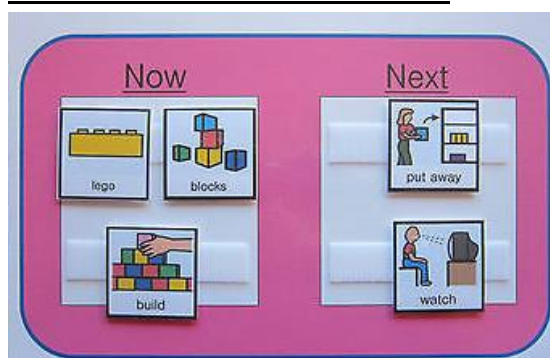
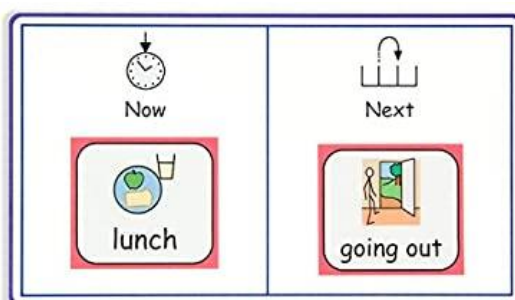
The adult will usually put a picture of, place an object of reference, or write the task that needs to be finished in the 'now' box, and similarly a motivating activity in the 'next' box.



How to use:

- Place a symbol on each side of the board. It's a good idea to place an activity that really motivates the child on the 'Next' side of the board. This acts as a 'reward', something for the child to aim for.
- Show the child the board, point to each symbol individually and support the child by saying "writing now....cars next". Reduce language by using key words only.
- When the child has engaged with the writing activity for some time the adult should inform the child by saying "writing finished... now cars" whilst pointing to the next symbol.
- Encourage the child to move on by supporting them to "post" the now symbol into a box or turning it over before moving onto the next activity.

Examples:



Key Points to remember:

- The 'next' activity **must** be immediate.
- For some children the 'now' activity will need to be explicit ie 5 calculations
- The 'next' activity must be motivating enough to encourage the child to complete the first activity.
- To begin with the now might need to be a short and very achievable activity where the next / reward will be longer until the system is established and secure.
- If you think challenging behaviours may happen, begin by introducing the Now and Next Board for a task that the child usually completes willingly and successfully.

For further information contact RANS TASC:

Karen Slack, Nichola Connolly, Nicola Charnock, Carol Dolotko, Karen Riding, Ruth Kelsey and Kim Machell
01706 926400